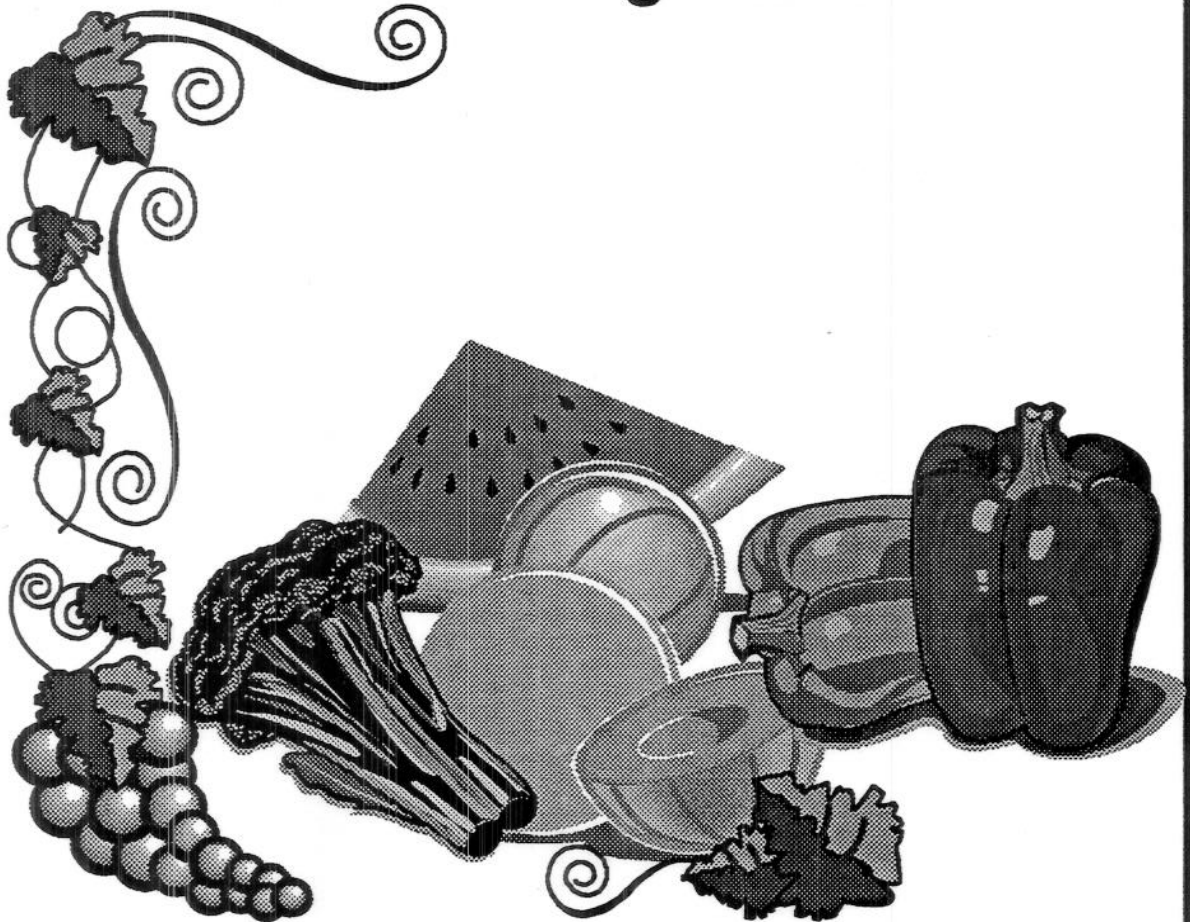


# Chapter 4

## Fruits and Vegetables





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# Applesauce

---

4 apples, cut into fourths  
1/2 cup water  
1/2 cup sugar  
1/4 teaspoon cinnamon  
1/8 teaspoon nutmeg

## *Instructions*

Peel apples and cut into fourths. Add water and boil over medium heat.  
Reduce heat. Simmer uncovered, stirring occasionally to break up apples until tender  
5-10 minutes. Stir in remaining ingredients. Boil and stir 1 minute.

Serve cold or warm over spice cake.

Class can split a cake mix and each unit bake their own cake.

## *Spice cake:*

Make spice cake according to directions on box. Bake while making applesauce.

Serve cake with applesauce.

## *Recipe Notes*

Source: Janice Wuckert, Oquirrh Hills Middle School  
Food and Science, Food Service/Culinary Arts

## Applesauce - Homemade

---

- 8 McIntosh or other cooking apples, peeled & cubed
- 1 1/2 cups water
- 3/4 cup sugar
- 1 pinch cinnamon

### *Instructions*

Combine apples, water, sugar and cinnamon in large saucepan. Bring to boil; reduce heat to medium/low, cover and cook until water is absorbed, usually about 20-25 minutes. Cool 10 minutes. Mash with potato masher or fork. Refrigerate overnight. Makes 4 1/2 cups.

### *Recipe Notes*

Source: Tami Flygare, Canyon View Junior High  
8th Grade Life Skills

## Breakfast Parfait

---

- 1 cup yogurt, plain
- 1 tablespoon lemon juice
- 2 teaspoons honey
- 3/4 cup granola
- 1 cup strawberries, or bananas

### *Instructions*

In a small bowl, combine yogurt, lemon juice and honey, stirring to blend.

In each 2 parfait glasses, layer 3 T. cereal, 1/4 c. yogurt and 1/4 c. sliced strawberries or banana. Repeat layers.

2 servings

### *Recipe Notes*

Source: Jane Parker, Ecker Hill Middle  
Life Skills

## Breakfast Parfait - Fruity

---

- 2 cups pineapples, fresh and chopped
- 1 cup raspberry, frozen, thawed
- 1 cup lowfat vanilla yogurt
- 1 medium banana, peeled and sliced
- 1/3 cup raisins
- 1/4 cup almonds, sliced and toasted

### *Instructions*

In 6 ounce stemmed sundae glasses layer pineapple, raspberries, yogurt, banana, and raisins. Sprinkle the top with almonds  
Serve

### *Recipe Notes*

Source: Robin Gumbrecht, Sunset Junior High School  
8th Grade Life Skills



## Cabbage - Panned

---

2 tablespoons butter  
1/8 teaspoon salt  
2 tablespoons onions, chopped  
2 cups cabbage, chopped  
1 carrot, shredded  
1/4 cup water

### *Instructions*

Place all of the ingredients in a large fry pan.  
Cover and cook for 10 minutes.

### *Recipe Notes*

Source: Vickie Bingham, South Davis Junior High School  
Food and Fitness

## Cabbage - Sweet And Sour

---

1/2 head cabbage  
2 green onions  
1/2 teaspoon salt  
6 tablespoons sugar  
1/2 teaspoon celery seed  
1/4 teaspoon mustard, dry  
1/2 cup vinegar

### *Instructions*

Shred cabbage and onion  
Boil salt, sugar, celery seed, dry mustard and vinegar.  
Pour over cabbage

### *Recipe Notes*

Source: Vickie Bingham, South Davis Junior High School  
Food and Fitness

## Cauliflower - Tangy Mustard

---

- 1 medium cauliflower
- 2 tablespoons water
- 1/2 cup mayonnaise
- 1 1/2 teaspoons onions, minced
- 1 teaspoon mustard, prepared
- 1/2 each cheddar cheese, shredded

### *Instructions*

Place cauliflower and water in 1 1/2 quart casserole. Cover. Microwave on high 7-8 minutes or until tender.

Combine mayonnaise, onion and mustard, mix well.

Place cauliflower on serving plate. Spread mayonnaise mixture over cauliflower.

Sprinkle with cheese. Microwave uncovered on medium-high 1-2 minutes or until cheese melts.

### *Recipe Notes*

Source: Tamra Rauzi, Northridge High School  
Food and Fitness, Food for Life

## Cauliflower Deluxe

---

- 1 cauliflower
- 1/2 cup mayonnaise
- 1 1/2 teaspoons prepared mustard
- 1/2 cup grated cheese, or more

### *Instructions*

Leave cauliflower whole, wash well and cook in salted water until tender, approximately 15 minutes.

Combine mayonnaise and mustard; spread over cauliflower.

Top with grated cheese and bake in 350 degree oven until cheese melts.

### *Recipe Notes*

Source: Betty Woodruff, Alpine Life and Learning Center

# Cauliflower With Cheese Sauce

---

1 head cauliflower

## *Instructions*

Wash one head of cauliflower and remove the stem. Place in a microwave safe bowl and cover with plastic wrap or a tight fitting lid. Cook on high power for 8 minutes per pound until tender crisp.

## *Cheese Sauce:*

3 T. margarine

3T. Flour

1/8 t. salt

1 c. milk

1 c. grated cheese

In a microwave safe bowl, preferably a batter bowl, melt the margarine. Add the flour and salt, and stir with a wire whisk. Add milk and stir well. Cook on HIGH power for 3-4 minutes until thick, stirring a couple of times. Add cheese and stir till melted. Pour over cooked broccoli or cauliflower and serve immediately.

## *Recipe Notes*

Source: Penny Bushman, Payson Junior High School  
Food and Fitness

## Country Baked Vegetables

---

- 4 cups rice krispies cereal, crushed
- 1/2 teaspoon oregano
- 1/2 teaspoon basil
- 1/2 teaspoon garlic salt
- 1/3 cup parmesan cheese
- 2/3 cup mayonnaise, light, reduced calorie
- 6 cups vegetables, raw, assorted, bite-size

### *Instructions*

Vegetable suggestions:

broccoli, carrots, cauliflower, mushrooms, green and red peppers, yellow squash and zucchini

In 1-gallon plastic bag, combine rice krispies, spices and cheese. Set aside

In second gallon plastic bag, place mayonnaise and vegetables  
Gently shake to thoroughly coat

Place half of vegetables in bag with cereal mixture. Shake to coat well

Remove coated vegetables from the bag and place in single layer on baking sheet coated with cooking spray

Repeat with remaining vegetables

Bake at 425 degrees about 10 minutes or until golden brown

Serve immediately

### *Recipe Notes*

Source: Shirley Slack and Louella Hall, North Sanpete High School  
Food and Fitness

# Crunchy Bananas

---

- 1 banana
- 1/4 cup wheat germ, or coconut, chop nuts, crushed
- 1/4 cup orange juice

## *Instructions*

Cut banana into one-inch thick slices. Push a fork or popsicle stick into a banana slice.

Dip it in orange juice, then roll in one of the crunchy foods.  
May be frozen.

## *Recipe Notes*

Source: Laurie Giaque, Olympus High School  
Food and Fitness, Food and Science

# Fried Green Tomatoes

---

- 1 cup dry bread crumbs
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 eggs
- 2 green tomatoes

## *Instructions*

In a large frying pan, heat bacon drippings or vegetable shortening over medium/low heat. Meanwhile, season the bread crumbs with salt and pepper. In a separate container, beat eggs. Slice tomatoes about 1/2-inch thick. Dip each tomato slice in the beaten egg and then coat completely with the bread crumbs. Fry tomatoes in hot fat until golden brown, about 2 minutes on each side.

## *Recipe Notes*

Source: Tami Flygare, Canyon View Junior High  
Life Skills



## Garden Patch Corn - Microwave

---

- 1/3 cup butter
- 10 ounces frozen sweet whole kernel corn
- 1/2 cup green pepper, chopped
- 1/2 teaspoon basil, leaves
- 1/2 teaspoon salt
- 1/4 cup tomato, cubed
- 1/2 tablespoon parsley, chopped

### *Instructions*

In 2 quart saucepan melt butter. Stir in remaining ingredients except tomato and parsley.

Cover; cook over medium heat, stirring occasionally, until vegetables are crisply tender (10 to 12 minutes).

Remove from heat. Stir in tomato and fresh parsley. Cover; let stand 1 minute or until tomato is heated through.

### **MICROWAVE DIRECTIONS:**

In 1 1/2 quart casserole melt butter on HIGH (60 to 70 sec). Stir in remaining ingredients except tomato and parsley.

Cover; microwave on HIGH, stirring after half the time, until vegetables are crisply tender (5-8 min.), stir in tomato and parsley,

Cover; let stand 1 minute or until tomato is heated through.

### *Recipe Notes*

Diane Cluff, Camille Williams, LaDawn Porter - Provo High  
Food and Fitness, Food for Life, Food and Science, Food Service/Culinary Arts

## Garlic Mustard Asparagus Spears

---

- 1/2 pound asparagus spears, trimmed
- 2 tablespoons butter or margarine
- 1 cup fresh mushrooms, sliced
- 1 tablespoon country-style Dijon mustard
- 1/8 teaspoon pepper
- 1/2 teaspoon fresh garlic, minced
- 1 pinch salt

### *Instructions*

Place asparagus spears in a 10-inch skillet. Add enough water to cover. Bring to a full boil. Cook over medium heat until asparagus is crisply tender (5 to 7 min.) Drain; return to skillet. Add remaining ingredients, pushing asparagus to side just until butter is melted. Cook over medium heat, stirring occasionally, until heated through (5 to 7 min.)

### *Recipe Notes*

Source: Anne Hawes, Cottonwood High  
Food for Life

## Glazed Carrots

---

- 1 package carrots, frozen
- 2 tablespoons butter
- 1/4 cup brown sugar
- 2 tablespoons water
- 1 1/2 teaspoons cornstarch

### *Instructions*

Place carrots, butter, and brown sugar in a casserole dish  
Cover and microwave for 9-11 minutes, stirring after 5 minutes  
Mix water and cornstarch until smooth. Stir into carrot mixture. Cover and microwave  
at high 2-4 minutes until thick. Stir before serving.

### *Recipe Notes*

Source: Vicki Bingham, South Davis Junior High School  
Food and Fitness

## Green Beans Almondine

---

- 1 can green beans
- 1 slice bacon
- 2 tablespoons almonds, silvered

### *Instructions*

This recipe can be done in large or small quantities. The bacon and almonds may be increased or decreased to taste.

While canned green beans are warming, add garlic powder and salt to the liquid.

Brown bacon, crumble into small pieces.

Drain liquid from beans when hot. Add bacon and toasted silvered almonds. Toss with melted butter.

Serve immediately.

### *Recipe Notes*

Source: Carol Spor, Dixie High School

Food and Fitness, Food for Life, Food Service/Culinary Arts

## Honey-Glazed Pea Pods, Carrots

---

- 3/4 cup water
- 2 cups carrots, sliced
- 8 ounces pea pods, fresh
- 3 tablespoons butter
- 1/2 teaspoon cornstarch
- 2 tablespoons honey

### *Instructions*

In 2 quart saucepan bring water to a full boil. Add steamer and carrots, sliced diagonally. Cover; cook over medium heat until carrots are crisply tender (10-12 min).

Wash pea pods and remove tips and strings; then add to steamer (two 6 oz pkg frozen pods can be substituted for 8 oz fresh pods). Continue cooking until pea pods are crisply tender (1-2 min). Drain off water; set vegetables aside.

In same pan melt butter; stir in cornstarch. Add carrots, pea pods and honey. Cook over medium heat, stirring occasionally, until heated through (2-3 min).

### **MICROWAVE DIRECTIONS:**

Decrease water to 1/2 c. In 2 quart casserole, combine water and carrots. Cover; microwave on HIGH stirring after half the time, until carrots are crisply tender (8-10 min.).

Add pea pods. Cover; microwave on HIGH until pea pods are crisply tender (1-2 min).

Drain; set aside. In same casserole, melt butter on HIGH (50-60 sec). Stir in cornstarch.

Microwave on HIGH 1 min. Stir in carrots, pea pods, and honey. Cover, microwave on HIGH until heated through (1-2 min).

### *Recipe Notes*

Diane Cluff, Camille Williams, LaDawn Porter - Provo High  
Food and Fitness, Food for Life, Food and Science, Food Service/Culinary Arts

## Meringue Shells With Fresh Fruit

---

- 2 each egg whites, at room temperature
- 1/2 teaspoon vanilla extract
- 1/8 teaspoon cream of tartar
- 1/2 cup sugar
- 1 each yogurt, low-fat fruit flavored, 8 oz.
- 2 cups strawberries
- 1 each kiwifruit, peeled and sliced

### *Instructions*

Line a large baking sheet with brown paper or parchment. Draw six 3-4 inch circles on the paper. Set aside.

For meringue - In a small mixing bowl beat egg whites, vanilla, cream of tartar with an electric mixer on medium speed until soft peaks form. Add sugar 1 T. at a time, beating on high speed until very stiff peaks form and sugar is almost dissolved. Spread or pipe mixture over circles on paper, building up sides of shells.

Bake at 300 degrees for 35 minutes. Turn off oven. Let meringue dry in oven with door closed for 1 hour. Do not open oven. Lift meringues off paper.

To serve spoon yogurt into shells and arrange fruit on top of the yogurt.

### *Recipe Notes*

Source: Tami Rauzi, Northridge High

## Parmesan Steamed Vegetables

---

- 2 each carrots
- 1/4 head cauliflower
- 1 stalk broccoli
- 1 tablespoon parmesan cheese, grated

### *Instructions*

Put 1 inch of hot water in the bottom of a saucepan; put steamer basket in saucepan. Peel and slice carrots ( about 1/4 inch thick) on the diagonal to make oval slices. Put carrot slices in the steamer. Cover. Bring to a boil. Reduce heat to medium and steam for about 5 minutes.

Remove core from cauliflower and cut into flowerets. Add cauliflower to basket and steam 5 minutes longer.

Cut broccoli flowerets and add to steamer. Cover and cook 5-7 minutes longer or until all vegetables are tender.

Put vegetables in a serving dish. Sprinkle with 1-2 tablespoon of grated parmesan cheese and a little lemon pepper if desired.

### *Recipe Notes*

Source: Louise Chamberlain, Woods Cross High School  
Food and Fitness

# Pizza - Vegetable

---

- 1 package crescent rolls 8 oz.
- 6 ounces cream cheese
- 1 1/2 teaspoons ranch dressing mix
- 1/3 cup mayonnaise

## *Instructions*

Break apart package of crescent rolls. Fit together to form a rectangle. Pinch seams together. Prick dough with a fork to allow steam to escape. Bake in 350 degree oven for 8-10 minutes until golden brown. Cool on cooling rack.

Filling - Blend together the cream cheese, ranch dressing mix and mayonnaise. You can add up to 1/2 cup of mayonnaise if desired. ( Using the light cream cheese and light mayonnaise will reduce the fat content.) Spread on cooled crust. Leave 1/2 inch around the edge of crust if serving pizza slices. Spread to the edge if cutting into hor d'oeuvres.

Topping - Chop/dice vegetables such as: cucumbers, carrots, broccoli and red peppers into small pieces and sprinkle on filling.

Sprinkle with grated mild cheddar cheese if desired.

This is one of six vegetable dishes prepared in class. One or two groups make this recipe and then it is shared with the rest of the class.

## *Recipe Notes*

Source: Louise Chamberlain, Woods Cross High  
Food and Fitness



## Popover Veggies

---

- 1 egg
- 1/2 cup milk
- 1 cup Bisquick
- 2 tablespoons corn meal
- 1/4 teaspoon paprika
- 1/2 teaspoon dry mustard
- 1/8 teaspoon cayenne pepper

### *Instructions*

Cut vegetables:

Onions into rings

Broccoli into small flowers

Cauliflower into small flowers

Zucchini into circles

Can use any vegetables you like

Heat deep fat to 375.

Beat egg and add to milk. Measure dry ingredients together. Add milk and eggs to dry ingredients.

Dip vegetables in batter. Drop in deep fat for 2 to 3 minutes or until golden brown.

We usually double the batter recipe.

### *Recipe Notes*

Diane Cluff, Camille Williams, LaDawn Porter - Provo High

Food and Fitness, Food for Life, Food and Science, Food Service/Culinary Arts

# Potato Bar Party

---

8 large potatoes

## *Instructions*

Russet potatoes are a good choice because they bake up moist, fluffy and flavorful. Look for smooth, well shaped, firm potatoes free of blemishes and sprouts.

Prepare potatoes:

Scrub in cold water and dry, rub with shortening or oil and pierce with fork. If you like a steamed texture wrap potatoes in foil. Bake at 450 degrees for 45 minutes or until fork-tender, (400 degrees for 50-60 minutes).

Slash top of potato and squeeze to open. Serve with choice of toppings.

(See recipe for Basic White Sauce for Potato Bar Party)

A casual party which is easy on the budget as well as the hostess.

Plan on one potato per person, or maybe two if you have hearty eaters.

Variations:

After potato is cooked, slash top and scoop out potato.

Whip potato with milk and margarine. Squeeze through a pastry bag with large tip back into potato.

Another variation is to squeeze potato open and then mash margarine into it with a fork.

For dessert serve a plate of fresh fruit and assorted cheeses.

## *Recipe Notes*

Source: LeeAnn Bitner, Alta High School

# Potato Casserole

---

- 6 medium potatoes
- 1/2 cup butter
- 1 can cream of chicken soup
- 1 cup sour cream
- 1/3 cup onion, finely chopped
- 1 cup cheese, shredded

## *Instructions*

Boil potatoes until cooked. Peel; slice or grate. Melt butter in pan. Add soup, sour cream, onion and cheese to melted margarine. Mix well. Pour over potatoes and mix lightly. Bake at 350 degree for 20-30 minutes.

## *Recipe Notes*

Source: Rosemary Steele, Northridge High  
Food and Fitness

Note: This recipe can be used in a high fat/low fat comparison lab with Low-Fat Potato Casserole

## Potato Casserole - Low-Fat

---

- 6 medium potatoes
- 1/3 cup onion, finely chopped
- 1/2 cup cheese, shredded
- 1 cup plain yogurt
- 1 can cream of chicken soup

### *Instructions*

Boil potatoes until cooked. Peel; slice or grate. Add soup, yogurt, onion and cheese. Mix well. Pour over potatoes and mix lightly. Bake at 350 degrees for 20-30 minutes.

### *Recipe Notes*

Source: Rosemary Steele, Northridge High

Food and Fitness

Note: This recipe can be used in a high fat/low fat comparison lab with Potato Casserole.

## Potato Casserole - Nauvoo

---

- 7 medium potatoes
- 1 can cream of chicken soup, canned
- 1/2 stick butter, melted
- 1/2 pint sour cream
- 1/4 cup green onion, chopped
- 3/4 cup cheddar cheese, grated

### *Instructions*

Boil potatoes in their jackets. Peel and grate into 9x13 cake pan.

Mix remaining ingredients together.

Pour over potatoes and cut in with knife.

Bake at 350 degrees for 25-30 minutes

Optional: Top with crushed corn flakes and 2 tablespoon melted butter.

### *Recipe Notes*

Source: Tamra Rauzi, Northridge High School

Food for Fitness, Food for Life

# Potato Nachos

---

- 4 baking potatoes
- 1 teaspoon chili powder
- 1 teaspoon cumin, ground
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 1 tablespoon olive oil
- 1/2 cup cheddar cheese, grated
- 2 scallions, sliced thin
- 2 tablespoons fresh cilantro, chopped
- 1 cup salsa, optional

## *Instructions*

Preheat oven to 475 degrees. Butter large baking sheet. Cut potatoes lengthwise into 1/2 inch wedges.

Combine chili powder, cumin, salt and cayenne pepper. In a large bowl toss potato wedges with half the spice mixture. Drizzle with oil, toss with remaining spice mixture to coat well. Place potatoes, cut side down, on baking sheet.

Bake, turning once until tender and skins are crisp, about 20 minutes. Sprinkle with cheese, scallions and cilantro. Bake until cheese melts, about 2 minutes.

Serve with salsa.

## *Recipe Notes*

Source: Mary Margaret Lyon, Bonneville High School

## Potato Wedges - Garlic Roasted

---

- 6 large red potatoes
- 1/4 cup butter
- 1/2 cup parmesan cheese
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon garlic powder

### *Instructions*

Cut potatoes in half lengthwise; cut each into 4 wedges. In 3 quart saucepan, place potato wedges; add enough water to cover. Bring to a full boil. Cook over medium heat until potatoes are tender (8 to 12 minutes); drain. In 9 x 13 inch baking pan melt butter in 425 oven (5 to 6 minutes). Stir in remaining ingredients. Add potato wedges; coat both sides with butter mixture. Bake for 10 minutes; turn potatoes. Continue baking for 10 to 15 minutes or until lightly browned.

### *Recipe Notes*

Diane Cluff, Camille Williams, LaDawn Porter - Provo High  
Food and Fitness, Food for Life, Food and Science, Food Service/Culinary Arts

## Potatoes - Brunch

---

- 3 eggs, beaten
- 1 cup half & half
- 1/2 teaspoon salt, seasoned
- 1 cup swiss cheese, grated
- 1 cup cheddar cheese, grated
- 1 cup ham, diced
- 1 cup butter, melted
- 24 ounces hash brown potatoes, frozen

### *Instructions*

Mix melted butter and hash browns and put into 9x13 pan.

Bake at 375 degrees for 20 minutes.

Remove from oven.

Mix remaining ingredients and pour over potatoes.

Bake an additional 35-40 minutes.

Cover loosely towards the end of baking time if necessary.

### *Recipe Notes*

Source: Brighton High



## Potatoes - Cheesy

---

- 2 pounds potatoes, frozen, or French fries
- 1 can cream of chicken soup, canned
- 1/4 cup onion soup mix
- 1 1/2 cups sour cream
- 1 cup cheddar cheese, grated
- 2 tablespoons butter, melted
- 2 cups corn flakes, crushed

### *Instructions*

Put potatoes in glass square pan

Combine other ingredients except cheese, butter and corn flakes

Mix with potatoes

Mix corn flakes and butter, sprinkle over top of potatoes

Sprinkle cheese over top

Bake at 350 degrees for 35-40 minutes or 10-15 minutes in the microwave

Cool and serve

### *Recipe Notes*

Source: Laurie Cline, Bonneville Junior High School

8th Grade Life Skills

## Potatoes - Hash Brown

---

- 3 medium potatoes
- 1/4 cup onion, chopped fine
- 1/4 teaspoon salt
- 1/8 teaspoon garlic powder
- 3 tablespoons margarine

### *Instructions*

Partially peel potatoes, shred.  
Rinse, then pat dry with paper towels.  
In a bowl toss potatoes with salt, pepper, garlic powder and onions.  
In a large skillet melt margarine.  
With pancake turner, pat potato mixture into skillet.  
Cook over medium heat about 10 minutes or till bottom is crisp.  
Cut into wedges, turn.  
Cook another 10 minutes or until golden brown.

### *Recipe Notes*

Source: Nancy Gudmundson, Alta High School

## Potatoes - Hashed Brown

---

- 4 medium potatoes, peeled, cooked & chilled
- 1 tablespoon onion, grated
- 1 teaspoon salt
- 1 dash pepper
- 3 tablespoons butter or margarine
- 3 tablespoons bacon fat

### *Instructions*

1. Using a medium grater, grate potatoes onto wax paper until you have 4 cups. With same grater, grate onion. Toss onion with potatoes, salt and pepper.
2. In 10-inch skillet over medium-high heat, heat butter with bacon fat. Add potatoes, pressing down well with turner and shaping into circle, leaving 1/2-inch trough of fat around edge.
3. Saute about 20 minutes or until crisp and brown on underside. (After 12 to 15 minutes lift edge to test brownness.)
4. When potatoes are golden on bottom, hold skillet with one hand; with turner cut through them from the far edge to center. Then with turner, fold these 2 cut quarters, in turn, toward you, onto uncut half.
5. Carefully run turner under potatoes, so they'll slide out of skillet easily. Then, using turner and holding skillet firmly in one hand, turn potatoes onto platter, with uncut side on top.

### *Recipe Notes*

Source: Connie Snow, Indian Hills Middle  
Food and Science, 8th Grade Life Skills

## Potatoes - Parsley

---

- 3 potatoes
- 1/3 cup water
- 1/4 teaspoon salt, Lawry's seasoned
- 3 tablespoons margarine
- 1 tablespoon parsley

### *Instructions*

Peel potatoes, remove brown or spoiled spots.  
Cut into bite sized pieces.

Place in 1 1/2 quart glass dish with water.  
Cover with lid, microwave for 3 minutes, turn 1/4 turn, microwave 3 more minutes,  
turn again and microwave for 3 minutes.

Check with fork to see if tender and microwave 3 more minutes as needed.

Drain excess water and add margarine and parsley, stir.

Sprinkle with seasoned salt.

### *Recipe Notes*

Source: Shirley Taylor, Wahlquist Junior High School  
Food and Fitness

## Potatoes - Reduced Fat Yummy

---

- 3 medium potatoes, parboiled
- 1 cup low fat sour cream, lightly beaten
- 1/2 can low fat cream of chicken soup
- 3 tablespoons green onions, chopped
- 3/4 cup mozzarella, grated
- 1/3 cup corn flakes, crushed

### *Instructions*

Cook potatoes until tender; cool, peel and slice or grate. (Or use 1 lb. frozen hash browns, pre-cooked in microwave).

Combine soup and sour cream. Using a wire whip, remove all the lumps and whip until smooth. Stir in onion and cheese.

Place potatoes in a 8" baking pan or casserole. Pour soup mixture over top and lightly cover potatoes.

Sprinkle crushed corn flakes over casserole. Bake at 350 degrees for 45 minutes or place a piece of wax paper loosely over the top and micro-cook until sauce bubbles.

### *Recipe Notes*

Kathy Stevens, West Jordan High  
Food and Fitness

## Spicy Broccoli - Microwave

---

- 1 package broccoli, frozen, chopped
- 1 8 oz. can cheddar cheese, processed spread
- 1 can cream of mushroom soup, canned
- 1 teaspoon onion, instant minced
- 1/2 teaspoon garlic powder
- 1/2 teaspoon Worcestershire sauce
- 1/2 teaspoon hot pepper sauce
- 1/4 teaspoon pepper

### *Instructions*

Place broccoli in 1 quart casserole dish.

Cook covered, on full power for 5-7 minutes or until tender in a microwave.

Stir halfway through cooking time to break apart. Drain.

Stir in remaining ingredients.

Heat, covered on full power for 3 1/2 to 4 1/2 minutes or until heated through.

Stir halfway through heating time.

Serve with crackers.

### *Recipe Notes*

Source: Connie Wyckoff, Northwest Middle School  
8th Grade Life Skills

## Spicy Oven Fries

---

- 2 potatoes
- 1 tablespoon parmesan cheese
- 1/2 teaspoon salt
- 1/8 teaspoon oregano
- 1/8 teaspoon onion, salt
- 1/8 teaspoon black pepper
- 1/8 teaspoon chili pepper
- 1 dash cayenne pepper

### *Instructions*

Scrub potatoes and cut into thin lengthwise strips.

Seasoning - Mix the remaining ingredients together.

(You can place the potatoes on a plate and microwave them for 4-5 minutes before putting them on a cookie sheet to hurry them along.)

Spread potatoes in a single layer on a cookie sheet. Spray with vegetable spray and sprinkle on half of the seasoning. Bake at 450 degrees for 12 minutes. Turn potatoes, sprinkle on the rest of the seasoning and bake another 12 minutes.

### *Recipe Notes*

Source: Lee Ann Bitner, Alta High School  
Food and Fitness

## Stir Fry - Vegetable

---

- 1/4 pound hamburger
- 1/3 onion, sliced
- 1 stalk celery, sliced
- 1/3 green pepper, sliced
- 1 carrot, sliced
- 1/2 cup broccoli, cut-up
- 2 teaspoons cornstarch
- 1 tablespoon soy sauce
- 1/2 cup water
- 1/2 teaspoon sugar
- 1 package ramen noodles

### *Instructions*

To Prepare stir fry:

Brown hamburger in frying pan. Drain grease in container, not down sink. Rinse meat with hot water.

Wash and cut up all vegetables. Cook in frying pan until tender.

Add meat.

Mix flavor package from noodles, cornstarch, soy sauce, water and sugar together to make a sauce. Add to meat and vegetables.  
Cook 2 minutes. Serve over cook noodles.

To prepare noodles:

Boil 2 cups of water

Add noodles.

Boil for 3 minutes.

Drain off water.

### *Recipe Notes*

Source: Vera Mock, Granite Park Junior  
LifeSkills, Food and Fitness



## Stir Fry - Vegetables

---

- 1/4 cup broccoli
- 1/4 cup mushrooms
- 1/4 cup zucchini
- 1/4 cup carrot
- 1/4 cup bok-choy
- 1/4 cup green peppers, chopped
- 1/4 cup bean sprouts
- 1/4 cup red pepper
- 1/4 cup Chinese cabbage
- 1 small onion
- 1 8 oz. can water chestnuts
- 3 tablespoons canola oil
- 1 clove garlic, minced
- 2 tablespoons soy sauce, or to taste
- 3 cups rice, cooked

### *Instructions*

Chop broccoli, zucchini, carrots, red and green peppers, place in small bowl. Chop mushrooms, bok choy and chinese cabbage, place in small bowl. Chop onion and mince garlic.

Add oil to wok and heat on medium heat. Saute garlic about 30 seconds, add onions and saute about 1 minute or until slightly translucent.

Add broccoli, zucchini, carrots and peppers. Cook and stir frequently. You may need to add about 1/2 cup of water for moisture.

Cook for 2-4 minutes or until vegetables are slightly soft. Push cooking vegetables up around edge of wok to create a space in the center of the wok. Place the mushrooms, bok choy and chinese cabbage in the space in the center of wok. (These vegetables do not take as long to cook as those already cooking)

Cook and stir keeping in center on meduimn heat 1-2 minutes or until tender. Add bean sprouts and soy sauce to wok. Cook and stir for 1 minute, then remove from heat. Vegetables should be tender yet a little crunchy.

Serve over cooked rice

### *Recipe Notes*

Source: Tamara Johnson, Mont Harmon Junior High School  
Food and Fitness

## Stuffed Mushrooms With Crab

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- 26 medium mushrooms, firm
- 2 tablespoons butter or margarine
- 2 tablespoons green onions, minced
- 1 teaspoon lemon juice
- 1 cup crab, 6 1/2 ounces
- 1/2 cup bread crumbs, soft
- 1 egg, beaten
- 1/2 teaspoon dill, dried
- 3/4 cup monterey jack, shredded
- 3 tablespoons butter or margarine

### *Instructions*

Wash mushrooms, carefully remove stems. Chop the stems finely and save the caps. Saute onions and chopped mushroom stems in 2 T. butter for 3-5 minutes.

Remove from heat, stir in lemon juice, crab meat, bread crumbs, eggs, dill and 1/4 cup of the cheese. Blend well.

Place 3 T. of butter on baking sheet. Melt in oven. Roll mushroom in the melted butter, cavity side up.

Fill mushrooms, press firmly in and mound up. Sprinkle with remaining cheese.

Bake uncovered at 375 degrees for 15 minutes. Serve hot.

### *Recipe Notes*

Source: Terilee Herbon, Hunter High School  
Food Service/Culinary Arts

# Tempura - Vegetables

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- 1 cup flour
- 1/2 cup cornstarch
- 1 1/3 cups water
- 1 egg

## *Instructions*

Select vegetables and prepare. Make sure the vegetables are dry or the batter will not stick to them.

## *Suggested vegetables*

- 1 carrot, julienne
- 1/4 onion, cut into rings
- 1/2 zucchini, julienne
- 4 mushrooms, quartered
- broccoli, cut into flowerettes
- green pepper, cut in long thin strips
- cauliflower

Mix the flour, cornstarch, water and egg together. Beat with a fork. Batter will be runny and lumpy.

Heat oil to 350-400 degrees. Dip a few vegetables into the batter, letting the excess batter drip off and fry until crisp. The batter will not brown. Drain on paper towels. Serve with dipping sauce.

## *Dipping Sauce*

- 1/2 cup water
- 1 teaspoon cornstarch
- 1 teaspoon vinegar
- 2 tablespoons + 1 1/2 teaspoons soy sauce
- 2 tablespoons sugar

Mix all ingredients, stirring constantly heat to a boiling. Boil and stir 1 minute.

## *Recipe Notes*

Source: Nancy Gudmundsen, Alta High School

# Veggie Squares

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- 2 cans refrigerated crescent rolls
- 1 cup mayonnaise
- 8 ounces cream cheese
- 1 package ranch dressing mix

## *Instructions*

Roll the crescent rolls out on a 9 x 12-inch baking sheet sprayed with non-stick spray.

Bake at 400 degrees for 8 minutes. Let cool.

Mix mayonnaise, cream cheese and dressing mix. Spread over cooled crescent rolls. Top with fresh chopped vegetables. (Carrots, broccoli, onion and cauliflower are all good.) Sprinkle with grated cheese and chopped olives.

Can be eaten now or placed under the broiler briefly to melt the cheese. A little messy but great tasting!

Prepare one recipe for the class and use as a demonstration on preparing raw vegetables.

## *Recipe Notes*

Source: Ann Stevenson, Weber High  
Food and Fitness

## Zucchini

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- 1 medium zucchini
- 1/2 medium onion
- 3/4 cup mushrooms
- 1 can whole tomato, canned
- 1 teaspoon oregano
- 1 1/2 teaspoons basil
- 1/4 teaspoon pepper
- 1/2 teaspoon salt

### *Instructions*

Slice zucchini and onions into thin rings.

Cut mushrooms into thin slices.

Saute zucchini, onion and mushrooms together in pan.

Add whole tomatoes and spices.

Cook and steam for 1/2 hour.

### *Recipe Notes*

Source: Betty Woodruff, Alpine Life & Learning Center

## Zucchini And Onions With Mozzarella

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- 1 tablespoon butter or margarine
- 3 cups zucchini, sliced, 1/8 inch thick
- 1 cup onion, sliced, 1/8 inch thick
- 1/2 teaspoon basil, leaves
- 1/8 teaspoon salt
- 1/2 teaspoon garlic, minced
- 1/4 piece pepperoni pizza, cut into wedges
- 1 cup mozzarella, grated

### *Instructions*

In a 10 inch skillet, melt butter over medium heat. Add remaining ingredients, except for pepperoni and cheese.

Continue cooking, stirring occasionally, until zucchini is fork tender. (7-10 min.)

Add pepperoni (cut into wedges) sprinkle with cheese. cover and let stand 2 minutes or until the cheese is melted.

### **MICROWAVE DIRECTIONS**

In a 2 quart casserole dish melt butter on HIGH for 30-45 sec.

Add remaining ingredients except pepperoni and cheese.

Cover; microwave on HIGH for 3 - 4 1/2 minutes until fork tender.

Stir after about 2 minutes. Add pepperoni (cut into wedges) and sprinkle with cheese. Cover; let stand 2 minutes, or until the cheese is melted.

### *Recipe Notes*

Source: Diane Cluff, Camille Williams, LaDawn Porter  
Provo High